



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring



**Are you supporting a partner,
family member, child or friend who couldn't
manage without your help due to their
disability, illness, frailty or addiction?**



**When you're caring for someone
it can be hard to find the time to
look after yourself and stay well.**

**If you need support with your
mental health and wellbeing,
we are here for you.**

Caring for Carers

Carers Mental Health & Wellbeing Project

We offer 1-2-1 sessions to any unpaid carer who is living in Leicester or Leicestershire and needs support with their health and wellbeing due to their caring situation.

Get in touch to find out how we can help.



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